

## Aids to Grace and Beauty



PRISCILLA DEAN

So many letters come to me from young women who want various questions of deportment answered that I have decided to blend the subject into this series of grace and beauty talks. As a matter of fact, it all comes under the same head, for a person who is wellbred is in almost all cases graceful, and, if not really beautiful, is at least well-groomed.

No well-bred person, man or woman, ignores the small rudimentary matters of personal neatness and cleanliness. Many of the fads and prevailing habits of today which fashion dictates and conventional society tolerates are far from being evidence of breeding. For example, cigarette smoking. I do not mean to say that no lady would smoke cigarettes without apparent detriment. But I do contend that any girl who thinks that by cultivating the cigarette habit she emphasizes the fact that she is well-bred is de-

cidedly mistaken.

It should go without saying that no really well-bred person chews gum—at least, not within sight of any other person. One of the most amusing things I have witnessed recently was the arrangement of a large theatre audience of "extras" for the taking of a picture, supposed to represent a fashionable and distinguished gathering. It was such, in so far as immaculate clothes, elaborate coiffures and huge feather fans could make it but, in one of the most conspicuous seats sat a man who looked like a scholar or a diplomat, and chewed like a cow in a pasture. Just a few seats beyond him sat a distinguished-looking blond woman with a regal velvet gown and tiara, whose jaws were similarly occupied. It is needless to say that before the picture was taken a director informed both would be imitation aristocrats that they could not look the parts for which they were made up until they had discarded the gum.

At this season of the year people are traveling a great deal. It has been said that one of the surest tests of the well-bred woman is her ability to travel as one. Unselfishness and consideration for clothes are essentials of good-breeding. Un-

fortunately, there are far too many people in this "melting-pot" age, upon whom little courtesies and acts of thoughtfulness are worse than wasted. People who, if one stops aside to give them preference, or rises to offer a seat, or speaks apologetically for some unintentional error, at once assumes an attitude of insolent superiority and construes that which was an unstudied involuntary act of courtesy to be merely awe, ignorance and servility. If such persons only realized that the distrust, suspicion and misinterpretation with which they receive such acts is invariably an open index of their own characters, their own plebeianism—if only one may use the word—vulgarity

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One of the greatest American millionaires said to his physician, "A million dollars, Doctor, spot cash and no grumbling, for a new stomach," and then the sick man groaned and turned away. All his wealth could not make him happy or contented, for happiness largely depends upon digestion. Without health where does happiness come in? After all the stomach plays a great part in everyday life. Without a healthy stomach and good digestion our blood is thin, watery and poor, our heart action is weak, our liver does not do its duty, and man is miserable and unhappy. Prevent disease by putting the house in order and strengthening the system against the germs of disease.

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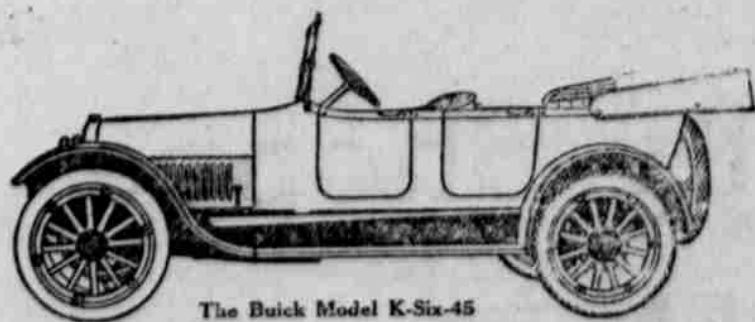
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**SATURDAY, JULY 17TH, 10 O'clock, A. M.,** 156 acres, subdivided, the Adams Farm, right at Hustonville, Lincoln county.

**MONDAY, JULY 19TH, 1:30 O'clock, P. M.,** residence and business property and garage in Danville, on Main and 2nd Streets, the property of R. M. Arnold.

**TUESDAY, JULY 20TH, 10 O'clock, A. M.,** the splendid farm of 186 acres of Hampton Sisters, that good Garrard county land, on Fisher's Ford pike, 2 miles from Lexington and Danville pike, 8 miles from Danville.

**WEDNESDAY, JULY 21ST, 10 O'clock, A. M.,** the Will Matheny farm of 300 acres in Lincoln county, on Ottenheim pike, 5 miles from Stanford. Will be subdivided.

**THURSDAY, JULY 22ND, 10 O'clock, A. M.,** 2 farms for Forestus Reid, Lincoln county, 2 miles from Stanford, on Hustonville pike. A farm of 300 acres and a farm of 240 acres. Both farms will be subdivided and sold in tracts to suit the purchasers.

**FRIDAY, JULY 23RD, 10 O'clock, A. M.,** 145 acres for J. M. McGraw, in Lincoln county, on Short pike, 1-8 mile from Danville and Hustonville pike, 6 miles from Danville, 6 miles from Stanford.

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# SWINEBROAD

The Real Estate Man

LANCASTER, KY.

and lack of association with cultured people in their every-day life, they would make some effort to acquire at least a veneer of gentility.

Once upon a time I spoke very politely to a woman shopper, the skirt of whose black dress was unfastened half-way down the back. She was a portly woman and wore a white petticoat. I fancied she would be grateful to me for telling her of that which it was evident she was totally unaware. I would have hooked the skirt for her, had she so desired. To my amusement she turned and glowered upon me as if I had accused her of shop-lifting. Then, without a word, she tossed her head with what I have no doubt she considered the quintessence of good-breeding, and hopped onward, conveying more the effect of a gigantic cotton-tail rabbit than the regal superciliousness at which she had aimed.

It is decidedly not well-bred to keep a long line of people waiting while one asks questions and searches for change in front of a ticket window, when boarding a street car or at any other time and place where numerous other people are inconvenienced.

In some districts it seems to be a popular habit of many people to walk three or four abreast. Young girls, some of whom have written to me recently, are particularly fond of monopolizing the sidewalk in this manner. It is distinctly not good form and no person who wishes to be considered well-bred will ever be guilty of such public rudeness.

A younger person should always give precedence to an older one. This is one of those little things, which, as I said before, is very apt to be misinterpreted but one cannot afford to neglect one's own courtesy just because some other person chances to be boorish or ignorant.

To be seen eating candy and peanuts on the street is not an indication

of good breeding and every young girl who has ever read any book on etiquette knows that it is never good form for a woman to be seen talking on the street corner; and no man who has the instincts of a gentleman will ever cause a woman to remain standing while they converse. If he does not happen to be going in her direction, he should turn and accompany her a short distance until their conversation is finished.

In crowded cars courtesy is becoming more and more at a premium, largely for the reasons I have already mentioned. In far too many instances it is not only with rude-

ness on the part of those whose uncouthness and ignorance is on a par with that of my jack-rabbit lady. Many men declare that the reason why they stopped offering their seats in the car to women who were standing is because the courtesy was so little appreciated.

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